



PHYSICAL and HEALTH Education

Grade **7** Term **2**



Passing the ball

When you pass the ball in handball you use different throwing and catching skills. There are two types of throws and catches in handball, all used at different times. In this unit, you will look at these skills in more detail.

To throw the ball you can use:

- * an underarm throw
- * an overarm throw

Underarm throw

Activity 1

Explain what changes to the body parts labelled when the ball is thrown. The first one has been done for you.

Arm: Swing back to front below the shoulder

Hand: hold the ball and release in the direction of the throw

Feet: weight is always on the front foot face where you want the ball to go

Head: Your head in front

Body: The player is facing the direction to throw the ball. This will make the throw more accurate.

will help to transfer the weight

Activity 2

Write a short sentence explaining why it's good to use an underarm throw.

An underarm throw is good for accuracy
it is good to use over a short distance

Overarm throw

Activity 3

Circle the main body parts that are used to perform this throw.



How do these body parts help perform this throw? Explain your answers.

Throwing arm is at 90° degrees at the elbow with ball slightly above head height

Activity 4

Write a short sentence to explain why it is good to use an overarm throw.

Overarm throw is good for long distance and for power

Activity 5

When would you use an overarm throw instead of an underarm throw?

When the distance between you and your teammate is big

Catching the ball

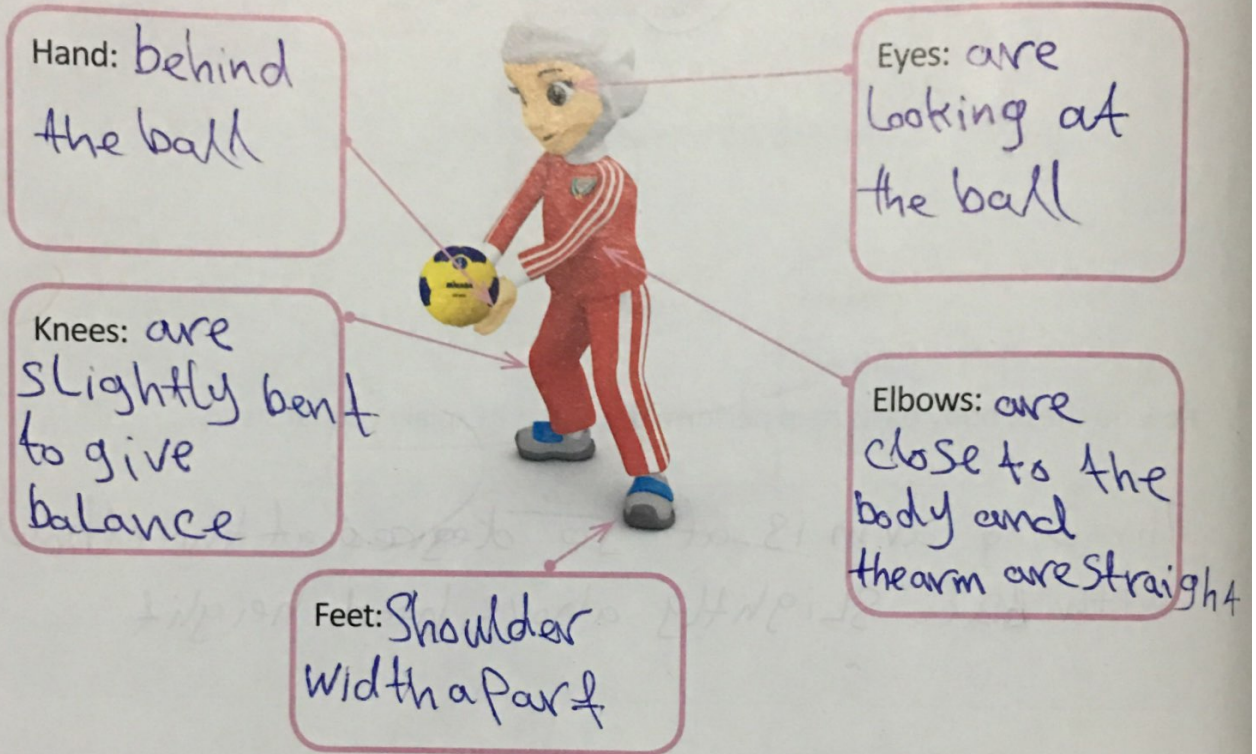
To catch the ball you can use:

- * a cup catch
- * a reverse cup catch

Cup catch:

Activity 6

Explain what each labelled body part is doing.



Activity 7

What height would the ball need to be to use this type of catch?

A low height

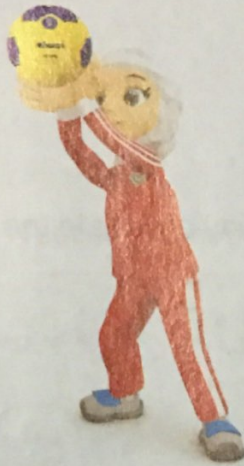
Why?

Because the ball is below the shoulder when it reaches you

Reverse cup catch

Activity 8

Use the picture to explain how each body part is used to catch the ball.



Body part	Explanation
eyes	Are looking below the ball
hands	The fingertips are pointing upwards
elbows	Are raised, in front of the body
knees	Slightly bent to give balance
feet	Shoulder width apart

Activity 9

What height would the ball need to be to use this type of catch?

When the ball above your shoulder

Why?

Because, the ball needs to be high to receive it above your shoulders

Dribbling the ball

In handball, we can move the ball in different ways. You can pass the ball to a teammate, or you can dribble the ball to get closer to the opponent's goal.

Once you stop dribbling, you can take three steps to pass the ball. If you take any more, the referee gives a foul.

Activity 10

Video

Spot the difference. Circle the differences you can see in the images.



See Elite Extension Task E1

DID YOU KNOW?

The UAE National Handball team compete in the Asian Handball Championship.



Evasive movement patterns

When you have control of the ball, you need to think about ways to keep it. Especially, if it's not possible to pass the ball to a teammate. To beat your opponent you can perform skills such as a 'pivot' or a 'fake'. This will give you chance to attack.

Pivot

Activity 11

Look at the images below. What do you notice about the player's movements?

Keeps on foot still but move the other foot to ^{ch}change the direction of his body



Top Tip

Look at the player's feet. Think about what changes.

DID YOU KNOW?

The UAE National handball team use evasive movement to get past players. They can then pass the ball to teammates easier.

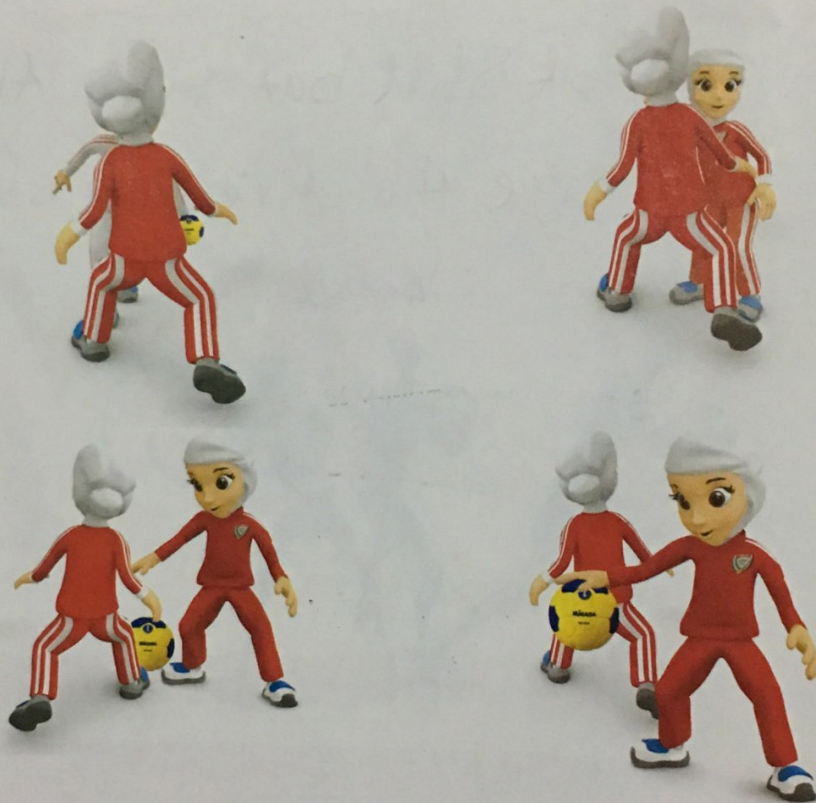


Fake step

Activity 12

Look at the images below. How are the player's feet used to get past the opponent?

The Player Steps forward to go in one direction. he then uses his feet to move past the defender in the other direction.



Top Tip

Think about the different ways a player can get past a defender.

Activity 13

Can you describe a situation when the fake step would be used in a game?

if you had a defender in front of you and you needed to dribble past

Shooting

Shooting can be quite difficult in handball as you are not allowed to shoot in the goalkeeper's 'D'. You will need to add power to your throw to beat the keeper. You will look at some shooting techniques. You will also look at how you can add power to your shots so that you can score goals.

Activity 14

The image below shows a player stepping and shooting the ball. Players add power and accuracy to their shots by using parts of their body. Discuss the pictures. Then circle the body parts that add power to the shot.



How do the circled body parts add more power to the shot?

If the arm rotates quickly it will be more powerful, the shoulder must follow through and the legs can be used to jump to create power.

Activity 15

Which parts of the player's body help with shooting accuracy?

The eyes and the hand / arms

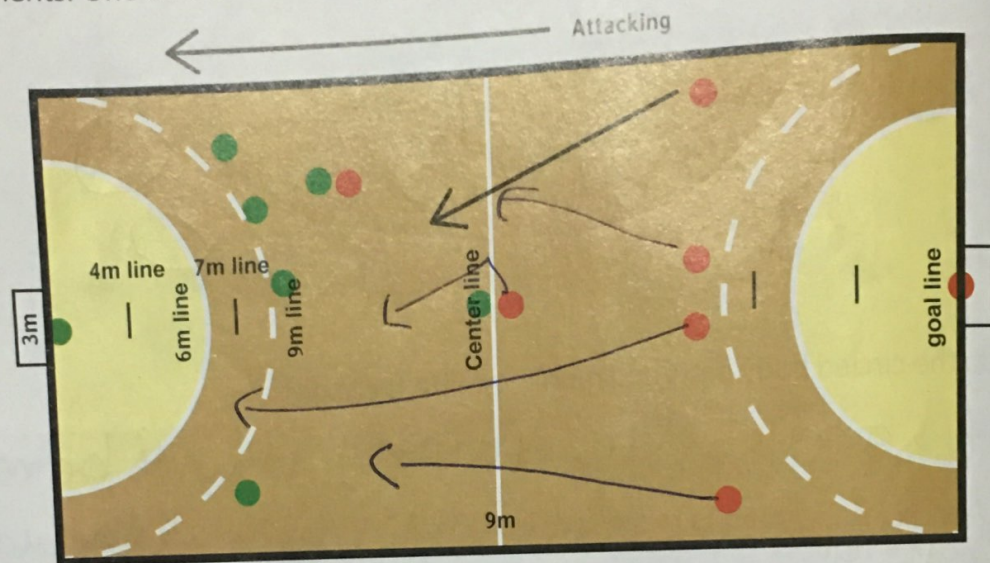
See Elite Extension Task E2

Advanced attacking strategies

In handball, you need to find ways to break your opponent's defence. This is so that you can create opportunities to score goals. To do this, you need to be smart and lose defenders. This will create the space you need to shoot at the goal.

Activity 16

Below is an image of a game of handball. The red team has control of the ball and are attacking. Draw arrows and use labels to show how the red team can move players into open space. Also draw arrows to show how the red team can get past their green opponents. One arrow has been drawn on the court to help you.



Top Tip

Think about movement patterns to evade defenders close by.

Activity 17

Write a short sentence. Explain why you placed the red team's players in those positions

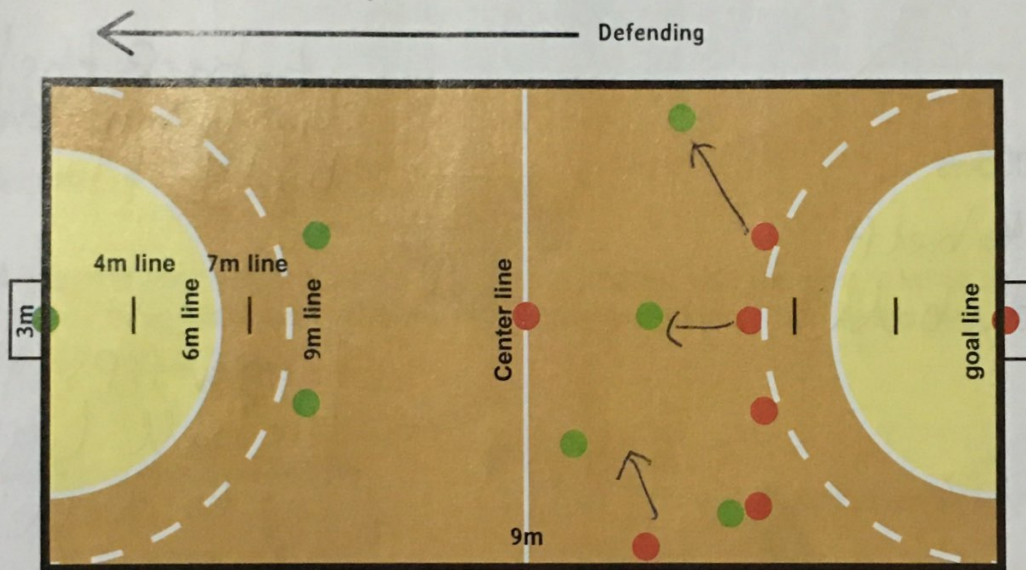
The red team were positioned closer to the goal and into a space where there no green defenders

Advanced defending strategies

Handball requires you to have a defensive format. This is so when the opposition has control of the ball, you can stop them from scoring. The best way to do this is to be smart and reduce the space in which they can play. If you can reduce this space, this will force your opponents to make mistakes. This will give you the chance to intercept or block a pass or shot.

Activity 18

Below is an image of a game of handball. The green team has control of the ball and the red team must defend their goal. Draw arrows and label moves to show where the red team should place defenders to close down the space. Also draw arrows where the red team could intercept or block a pass or a shot.



Activity 19

Write a short sentence explaining why you placed the red team's players in those positions.

I moved the red players closer to the green players. This is so that they can intercept a pass.

See Elite Extension Task E3

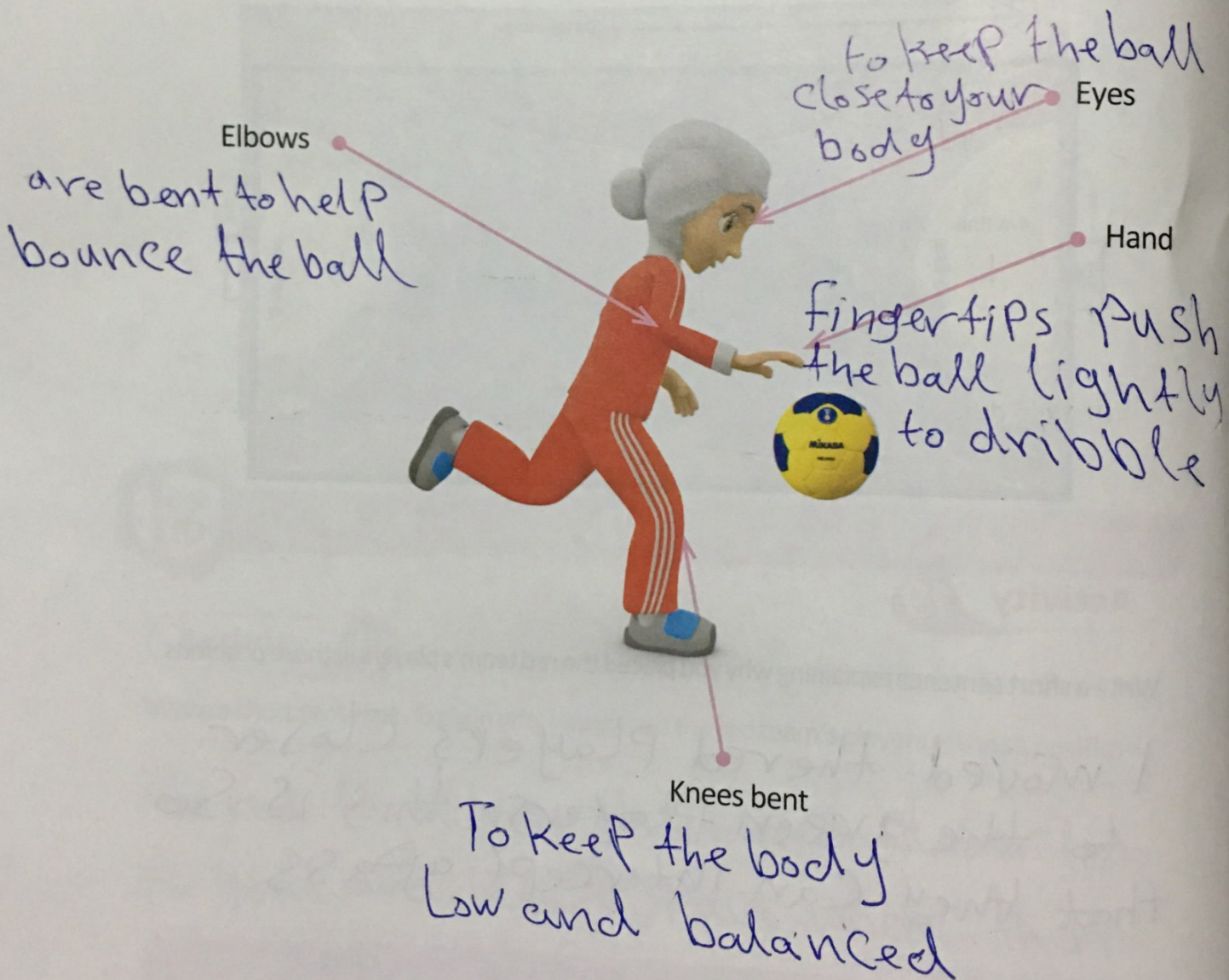
Elite Extension Tasks

Dribbling the ball

Activity

E1

Look at the image below, explain how the body parts labelled help you keep control of the ball.





Same answer in P. 22

Body part	Explanation
eyes	
head	
elbow	
knees bent	

Shooting

Activity E2

You will now be a coach for one of your classmates. Use the box to write down one thing they have done well with their shooting technique. Then write one thing they could improve.

What did they do well: They lifted the arm above the head and moved the arm quickly for power

How could they improve:

They need to jump to create more power

Advanced strategies

Activity E3

Design a poster to show different tactics used in handball. It should be colourful and creative. Use the blank space below.

